

Sons of Norway District 5 - Friendly Fifth Friday News
September 13, 2024
A District Weekly Newsletter to Keep Us Up to Date!

ZOOM Call- Updates and new processes!

With a number of changes in the profile page, dues increase, upcoming lodge election reporting (D63), and International Board elections, the Board has discussed offering opportunities for us to discuss these changes and help each other through them! ZOOM calls allow any members the chance to tune in and understand some of the changes, brainstorm how they are handling things and working with their members and discuss other items of interest.

I will host the first one on Sunday, September 15, at 7 PM CST. Any Sons of Norway member can jump on the call.

Thanks

Darlene

Darlene Arneson is inviting you to a scheduled Zoom meeting.

Topic: Sons of Norway D5 Call on Updates and Changes

Time: Sep 15, 2024 07:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87517566855>

Meeting ID: 875 1756 6855

One tap mobile

+13126266799,,87517566855# US (Chicago)

+16465588656,,87517566855# US (New York)

Dial by your location

- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US

- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US

Meeting ID: 875 1756 6855

Find your local number: <https://us02web.zoom.us/j/kcDzjJCvPF>

Sons of Norway Membership Benefits you should try!

There are many membership benefits that most of us either aren't aware of, don't take advantage of, or don't know where to find them. Having time at meetings to show them **how to log-in** is a big first step as that opens up so many resources for members! Here is the video on how to do that:

<https://youtu.be/4q-7Mxuuv5Q?si=BNgdhKdlv2V687DT>

#11- Cultural Skills Program- Downloadable pdfs provide a framework for learning about traditional and contemporary Norwegian cultural skills, including rosemaling, folk dancing, cooking and literature.

Program Overview

- Each unit consists of three levels of skill-specific activities that can be completed on your own, or as part of a lodge group or class.
- For each level, you'll complete a few activities, submit them to your lodge Cultural Director, and have the option to order a pin in recognition of your accomplishments.
- When you complete part 1 of your first unit your lodge Cultural Director may order you a Cultural Skills pin, a skill bar and a level 1 bar. When you complete parts 2 and 3 of that skill, or level 1 of a new skill, your Cultural Director may order the additional bars.

Go Further with Your Cultural Skills

Want to take your skills to a new level? Members who have completed multiple units or mentored others in the program can earn special recognition:

A Master of Cultural Skills is someone who has completed multiple units. Finish all three parts of any three units for the bronze level, all parts of six units for the silver level and all parts of nine units for the gold level.

A Cultural Skills Mentor earns his/her Mentor Pin by assisting others in a given activity: five members for Part one, three members for Part two and one member for Part three. Note that these members must show the Cultural Director their reports for the mentor to be awarded the Mentor Pin. ([download the Mentor Tracking Report pdf form](#))

Access the Cultural Skills Units

The Cultural Skills Units are available by downloading the documents below. For most, there is a pdf unit overview as well as a link to YouTube videos. Each part of the unit also requires its own separate report form unless otherwise noted. Questions? You can always ask your lodge's Cultural Director.

Unit 1:

Traditional Norwegian Cooking



Sons of Norway's
Cultural Skills Program

Unit 1: TRADITIONAL NORWEGIAN COOKING

IN THIS UNIT

- Introduction | 01
- Part 1 Instructions & Forms | 02
- Part 2 Instructions & Forms | 10
- Part 3 Instructions & Forms | 17
- Elective Activities & Resources | 25

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: Your Favorites

[Download Level 1 report form](#)

Part 2: Baked Goods and Desserts

[Download Level 2 report form](#)

Part 3: Meat or Fish Dishes

[Download Level 3 report form](#)

Unit 2:

Literature



Sons of Norway's
Cultural Skills Program

Unit 2: LITERATURE

IN THIS UNIT

- Introduction | 01
- Part 1 Instructions & Forms | 02
- Part 2 Instructions & Forms | 05
- Part 3 Instructions & Forms | 08
- Elective Activities | 11
- Reader Response Forms | 13
- Suggested Works | 16

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: A Survey of Norwegian Literature

[Download Level 1 Report Form](#)

Part 2: Fiction, Poetry and Drama

[Download Level 2 report form](#)

Part 3: Nonfiction

[Download Level 3 report form](#)

Reader Response Forms:

Complete One Reader Response Form for each part of this unit.

[Download form for Fiction or Drama](#)

[Download form for Poetry](#)

[Download form for Nonfiction](#)

Unit 3:

Collecting Norwegian and North American Stamps



[Get the unit PDF](#) | Go to the [YouTube playlist](#)

Part 1: Commemorative Stamps

[Download Level 1 report form](#)

Part 2: Definitive Stamps

[Download Level 2 report form](#)

Part 3: Special Stamps

[Download Level 3 report form](#)

Unit 4:

Norwegian Rosemaling



[Get the unit PDF](#) | Go to the [YouTube playlist](#)

Part 1: Basic Strokes, Flower Form, and Scroll

[Download Level 1 report form](#)

Part 2: Completed Design

[Download Level 2 report form](#)

Part 3: Create an Original Design

[Download Level 3 report form](#)

Unit 5:

Genealogy – Family History



[Get the unit PDF](#)

Part 1: Part 1 Getting Started

[Download Level 1 report form](#)

Part 2: Expanding Your Ancestor Chart

[Download Level 2 report form](#)

Part 3: Finishing Your Ancestor Chart and Family Group Sheets

[Download Level 3 report form](#)

[Ancestor Chart](#)

[Family Groups Chart](#)

[Sources Citation Sheet](#)

[Additional Resources](#)

Unit 6:

Knitting



[Get the unit PDF](#) | [Go to the YouTube playlist](#) | [Knitting Links and Resources](#)

Part 1: The Basics

[Download Level 1 report form](#)

Part 2: Knitting in the Round with Two Colors

[Download Level 2 report form](#)

Part 3: Knitting in the Norwegian Way

[Download Level 3 report form](#)

Unit 7:

Norwegian Language and Culture

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics of Norwegian Language

Part 2: A Sampling of Norwegian Culture

Part 3: A Topic from Norwegian Language or Norwegian Culture

Unit 8:

Hardanger Embroidery



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

[Download Level 1 report form](#)

Part 2: Increasing Your Skills

[Download Level 2 report form](#)

Part 3: Creating an Heirloom

[Download Level 3 report form](#)

Unit 9:

Figure Carving



Cultural Skills Program

**Unit 9:
FIGURE CARVING**

IN THIS UNIT

Introduction | 1-3

Part 1 Instructions & Sample Patterns | 4-10

Part 2 Instructions & Sample Patterns | 11-15

Part 3 Instructions & Sample Patterns | 16-19

Learning Activities for Parts 1, 2 & 3 | 20

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

Part 2: Complete a Detailed Carving

Part 3: Complete an Original Carving

Unit 10:

Weaving

[Get the unit PDF](#)

Track 1

Part 1: The Basics – Make a Sampler

Part 2: Inkle or Card Weaving or Rigid Heddle – Complete a Project

Part 3: Create an Original Design

Track 2: Floor or Table Loom Weaving

Part 1: Produce a Sampler

Part 2: Make a Finished Project

Part 3: Create an Original Design

Unit 11:

Ornamental Woodcarving

[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

Part 2: Flatskurd

Part 3: Carve the Acanthus

Unit 12:

Chip Carving



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: The Basics

[Download Level 1 report form](#)

Part 2: Carve Borders

[Download Level 2 report form](#)

Part 3: Carve Rosettes

[Download Level 3 report form](#)

[Online Resources](#)

Unit 13:

Folk Dancing



[Get the unit PDF](#) | [Go to the YouTube playlist](#)

Part 1: Easy Dances

[Download Part 1 report form](#)

Part 2: Intermediate Dances

[Download Part 2 report form](#)

Part 3: Advanced Dances

[Download Part 3 report form](#)

Music and Musicians of Norway

[Elective Activities](#) | [Go to the YouTube playlists](#)

Part 1: Folk Music: Roots of Norwegian Music

[Download Level 1 report form](#) | [Download Level 1 YouTube playlist](#)

Part 2: The Nineteenth Century: Edvard Grieg & Contemporaries

[Download Level 2 report form](#) | [Download Level 2 YouTube playlist](#)

Part 3: The Twentieth Century: Composers, Performers, Conductors

[Download Level 3 report form](#) | [Download Level 3 YouTube playlist](#)

Unit 14:

Youth Cultural Skills

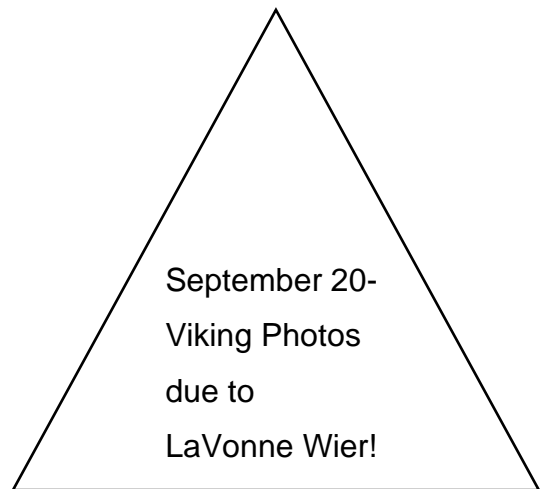
Figure Carving [Get the unit PDF](#)

Folk Dancing [Get the unit PDF](#)

Handknitting [Get the unit PDF](#)

Hardanger Embroidery [Get the unit PDF](#)

Norwegian and North American Stamps [Get the unit PDF](#)



Other Dates to Note **(changes in red)**

September 15- ZOOM call on recent changes and updates hosted by Darlene Arneson- 7 PM CST

September 20- Viking Photos due to LaVonne Wier

September 30- Voting will close at 5:00 p.m. ET for International Directors

October 20- Viking Photos due to LaVonne Wier

November 8-9- District 5 Board Meeting- northern IL (Chicago area)

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

2025 Calendar

January 20- Viking Photos due to LaVonne Wier

February 20- Viking Photos due to LaVonne Wier

February 20- Barnebirkie Race in Hayward, WI

March 20- Viking Photos due to LaVonne Wier

April 20- Viking Photos due to LaVonne Wier

May 17- Masse Moro Lodge Supporting Grants Due

May 17- Masse Moro Registrations Due

May 20- Viking Photos due to LaVonne Wier

June 20- Viking Photos due to LaVonne Wier

July 13-26- Masse Moro- Youth Heritage Camp in Fall Creek, WI

July 20- Viking Photos due to LaVonne Wier

August 20- Viking Photos due to LaVonne Wier

September 20- Viking Photos due to LaVonne Wier

October 20- Viking Photos due to LaVonne Wier

November 20- Viking Photos due to LaVonne Wier

December 20- Viking Photos due to LaVonne Wier

Who to contact at the home office when you need help

- You can email cbs@sofn.com for any member updates that need to be made.
- **Foundation, Scholarships & Grants- Amy Tuchenhagen**
foundation@sofn.com, atuchenhagen@sofn.com, (612) 821-4655
- **Fraternal & Membership- Connie O'Brien and Kirsten Lehman**
fraternal@sofn.com, (612) 821-4643
- **Culture, Viking & Language: Jana Velo**
jvelo@sofn.com
- **Insurance Sales: Michael Godbout**
sonsofnorwaysales@sofn.com, (833) 707-0012 – option 2
- For matter like submitting a death, a change to a members address or other info please email cbs@sofn.com
- For issues with passwords or website use ithelp@sofn.com.
- The 800 number to call in for member support is 800-945-8851

Note:

- Check correspondence from the International and District and the International (www.sofn.com) and District (www.sonsofnorway5.com) websites for any updates and changes.
- Additional deadlines for the District 5 Conventions/Lodge Meetings will be added as those dates are established. Watch for future mailings and the District 5 website.

Compiled by Darlene Arneson, SN District 5 Secretary (arnesonfamily5@gmail.com or 608-873-7209)

FFFN Basics

In an attempt to help our lodge leaders become more familiar with resources, changes, deadlines and other information, I will compile a weekly "Friendly Fifth Friday News" email to our leadership. Some of the information you might already have, but hopefully it will be a good reminder for all of us (me included) of all the great resources that Sons of Norway has to offer. **Please feel free to cut and paste any of this information for your lodge's use!**

Send all web posting info and calendar dates/events directly to our webmaster at inputd5@sonsofnorway5.com

With our new arrangement, I actually send the FFFN pdf to our webmaster on Thursday morning before I go to work. So if you have anything you'd like me to consider putting in, please send it by 4 am on Thursday morning. Please do not send pdf's as I have a hard time cutting and pasting them. The Word Document works best for me. Don't forget that lodge events should be submitted to inputd5@sonsofnorway.com as I have a hard time keeping track of all lodge activities. I'll put some in but that is more the role of the website event calendar.

If you would like to get the MS Word document, just shoot me an email and I'll add you to the list. I send it out right after I send the email to the large group.